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(54) HEALTHY FOOD

(57)Abstract:

PROBLEM TO BE SOLVED: To obtain healthy food comprehensively improved in physiological functions for human bodies in addition to health effects and tastes inherent to milk fermentation products.

SOLUTION: This health food contains milk fermentation products as a main ingredient, a calcium salt and an oligosaccharide as effective ingredients and at least one selected from the group consisting of nucleic acid food, shark cartilage, chlorella, collagen, Agaricus Blazei Murill, champignon extract, mulberry tea, tea of Eucommia ulmoides Oliver, tea of Eucommia ulmoides Oliver and Panax Shinseng Nees, a sugar beet, multiple vitamin agent, iron, soy bean peptide, Angelica keiskei Koidz., Aloe and GIMUNEMA (a kind of extract from Marsdenia tomentosa Morren) as auxiliary ingredients. Yogurt and kefir are used as the milk fermentation products, milk calcium and calcium lactate as the calcium salts and a straight or cyclic oligosaccharide as the oligosaccharide.

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